

# Smoothilicious

**Makes:** 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Cereal, whole grain		4 cups		16 cups
Fruit slices (fresh, frozen or canned)		5 cups		20 cups
Plain or vanilla low-fat yogurt		3 cups		12 cups
Blueberries		1 cup		4 cups
Smoothie: add low-fat or fat-free milk		5 cups		20 cups

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>159</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	N/A
Cholesterol	N/A
<b>Sodium</b>	<b>157 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

## Directions

Parfait Directions:

1. Mix fruit slices and blueberries together.
2. Spoon cereal into the bottom of a cereal bowl.
3. Add 1/2 cup of fruit.
4. Top with 1/4 cup yogurt.

#### Smoothie Directions:

1. Follow parfait directions, but place ingredients into blender.
2. Blend with 3/4 cup milk.

#### Notes

##### Serving Tips:

This snack can be made with any one or mixture of fruit.  
Use any type of whole grain cereal available (bran flakes, corn flakes or rice cereal).

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care